

JULY

Senior Center Gazette

2003

SHARE YOUR SENIOR GARBAGE REBATE WITH SENIOR SERVICES!

By Suzanne Shenfil
Director of Human Services

Getting a Senior Rebate from BFI for garbage services? Giving a portion of that savings to Senior Services will help to ensure that Fremont seniors continue to benefit from high quality programs, offered by the City of Fremont.

For 25 years, the City of Fremont has provided an incredible array of programs for seniors --but these programs are at serious risk because of the economic downturn and the budget crisis facing the State of California and the City of Fremont.

Giving a portion of your BFI Savings to Senior Services helps

ensure that these services will continue to be available when seniors and their families need them.

A charitable donation will help to ensure the continuation of the following programs:

- * The Fremont Senior Center, which provides thousands of seniors with hot meals, health services, exercise, educational and recreational programs and opportunities for socialization and volunteerism.
- * Information and Referral Services for seniors and families
- * In-home assessment of senior needs
- * Assistance in finding services needed to allow seniors to safely remain in their own homes. These include: transportation, medical care, financial assistance and home delivered meals, to name a few.
- * Peer counseling for seniors and caregivers suffering from depression or struggling with life changes.
- * Support for family caregivers
- * Support for families raising kin
- * Emergency funds

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COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

Riley's 4th of July Celebration And Barbecue

Thursday, July 3, 12 Noon

Chicken, Ribs, Sausage
Corn, Beans, & Fixings
Members \$5, General \$6



Share Your Garbage Rebate cont.:

Donations are tax deductible, you can specify funds for the Senior Center or Senior Services as a whole, and can be mailed to:

City of Fremont
Human Services Department
Aging & Family Services
3300 Capitol Avenue, P.O. Box,
Fremont, CA 94537-5006
(Tax ID # 94-6027361).
For additional information on Senior Services go to the City's website and look for Seniors at www.fremont.gov

Summer Supper Shows-6:00 pm Thursday, July 24 & August 14

Join us for **Sumptuous Summer Super Shows**, and help raise funds to support the Fremont Senior Center.

Suppers by Chef Riley, Special Shows, Drawings & Prizes,
Thursday, July 24

Opera Night & Italian Cuisine,
Thursday, August 14

Barbecue & a Mystery Night.

Ticket costs are:

Individuals - \$15 per evening,

Couples - \$25 per evening,

Sumptuous Series - buy all three!

Member Individuals - \$40

Member Couples - \$70

Washington On Wheels

Healthcare Clinic - WOW Van

July 3 - 9:30 a.m. - 3:00 p.m.

Washington Hospital will make their monthly visit on Thursday, June 3 instead of the first Friday to provide medical services including: taking blood pressure, other vital signs, mammograms, skin cancer checks, many other useful services without charge.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.